

Adult to Adult: Independent Adult Living e-Learning Content and Objectives

This self-paced training course designed for young adults with ADHD transitioning to independent adulthood or who have recently established themselves as independent adults.

Modules:	Adult learners will:
Your New Apartment (45 minutes)	<ul style="list-style-type: none"> • Identify the requirements for renting an apartment. • Explain what is included in a rental agreement. • Define necessary renter vocabulary. • Describe what should be considered when selecting a place to rent. • Understand how to rent an apartment. • Consider how to transition to your first place. • Learn how to set up residential utilities. • Complete the Your New Apartment quiz. • Gain more access to ADHD-friendly resources with the Your New Apartment Starter Kit.
Organizing Spaces & Things (30 minutes)	<ul style="list-style-type: none"> • Understand how to organize spaces. • Learn organizational strategies. • Gather tips for organizing paperwork. • Describe ways to maintain organization. • Decide how to store medical records. • Complete the Organizing Spaces & Things quiz. • Gain more access to ADHD-friendly resources with the Organizing Spaces & Things Starter Kit.
Self & Home Care (45 minutes)	<ul style="list-style-type: none"> • Define self-care and mindfulness. • Schedule self-care. • Establish grocery and fitness routines. • Explore options in social adjustments. • Plan a sleep schedule. • Understand the benefits of mindful practice. • Complete the Self & Home Care quiz. • Gain more access to ADHD-friendly resources with the Self & Home Care Starter Kit.
Time & Task Management (90 minutes)	<ul style="list-style-type: none"> • Understand how to approach organizing tasks. • Discover task and appointment management apps. • Choose your ideal type of to-do list. • Understand how to use a to-do list. • Explore the science of time management. • Consider how to manage procrastination • Explore effective tools for staying focused. • Complete the Time & Task Management quiz. • Gain more access to ADHD-friendly resources with the Time & Task Management Starter Kit.
Minding Your Money (45 minutes)	<ul style="list-style-type: none"> • Set financial goals. • Set up bill pay for monthly bills. • Create a master list of expenses. • Craft weekly, monthly, and annual money management timelines. • Manage impulsive spending and debts. • Complete the Minding Your Money quiz. • Gain more access to ADHD-friendly resources with the Minding Your Money Starter Kit.
Conclusion (10 minutes)	<ul style="list-style-type: none"> • Complete the course post-evaluation. • Earn a certificate of completion.